

August 8, 2003

Ms. Felicia Valdez, Principal  
National Children's Center  
6200 2<sup>nd</sup> Street, NW  
Washington, DC 20011

Dear Ms. Valdez:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. The assessment was made for the Enhanced Meal Pattern for nutrient standards established for children in grades 7 through 12.

Key highlights from your review:

- Your menu has good variety during the week.
- Choices of entrée offered at lunch.

Based on the documentation you provided, the analysis for the week of review indicates your menus are high in total fat and saturated fat, and low in Vitamin C. Please see the attached nutrition profile for a comparison of the nutritional analysis of your menu compared to the nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action provides recommendations for modifications to enhance your record keeping, to improve the nutrition profile of your menus, and to be in regulatory compliance.

<b>Plan of Action</b> <b>Meal Pattern and Nutrition Standards Compliance</b>	
<b>Observations/Finding</b>	<b>Recommendations</b>
Production records not accurately completed. It is a requirement of the federal regulations (7CFR 210.10 (a)(3)) to maintain complete production records.	Production records with planned numbers must be kept. All menu items, including varieties of milk and all condiments need to be recorded with planned, served and leftover numbers recorded. The planned number reflects an estimate of how much of each menu item is expected to be taken – if only 50 students out of 100 are expected to take mayonnaise for a sandwich, then that is the planned number that should be recorded. These records must show how the meals contribute to the required food components, and how the meals contribute to the nutrition standards.
<p>Total Fat (TF): The combined analysis of breakfast and lunch shows TF at 35.77%</p> <p>Saturated Fat (SF): The combined analysis of breakfast and lunch shows SF at 11.74%.</p>	<ul style="list-style-type: none"> <li>♦ Offer 1% white and chocolate milks, or nonfat milk, which is lower in fat than the 2% you currently serve.</li> <li>♦ .Serve a smaller size of hot dog, as well as using turkey and/or chicken for hot dogs.</li> <li>♦ Reduce the number of days you offer meats at breakfast. When you do, offer Canadian hem or a lower fat turkey sausage</li> <li>♦ Using reduced fat cheeses, or serving less cheese on sandwiches.</li> <li>♦ Modify your pasta and potato salad recipes to reduce the amount of fat used in them. Reduce the amount of mayonnaise and oil in these recipes, and use nonfat or low fat mayonnaise.</li> </ul>
Vitamin C: The combined analysis of breakfast and lunch shows Vitamin C at 14.58 mg or 84%.	Serve fruits such as oranges and tangerines, and strawberries. Serve vegetables such as broccoli, cauliflower, bell peppers, tomatoes, and potatoes.
The required 15 servings of grains /breads offered in a week not met for the Enhanced Meal Pattern, grades 7-12. Only 10 were offered.	Offer more grains/breads each day. Add graham crackers, saltines for salads, or a grain-based low fat dessert. This will also help keep the Calories up while you reduce the fat (recommendations above) in your menu.

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These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell  
State Director

cc: Joyce Cherry, MS, RD, LD